



### NEWS IN A "HEARTBEAT"



**PenMRC Volunteers to date = 475; Recruitment continues: Hampton University; House Calls Campaign**

**THANK YOU to volunteers who trained or served:** Larry Barclay, Jennifer Basak, Michelle Boone-Thornton, Dale Bull, Mark Callazzo, Carolyn Conley, Miriam Dalziel, Nina Derby, Fran Doyle, Molly Edgette, Sidney Fink, Simonsea Fowler, Sherri Kelley-Davis, Janet Kosidlak, Kathryn Leigh, Mary Loesch, Jonathan Marioneaux, Vivienne McDaniel, Steven Neilson, Monique Plummer, Brenda Sarno, Beth Sigler, Barbara Smith, Claudia Spurill, Shelley Trautman, and Larry Watson.

**Our May Events and Training:** CERT Adv. Med Ops Training, HOEPS Conference, Shelter and Alternate Care Site Training, Women's Health Day, George Green Special Ed Day, Blood pressure screenings, Orientation, ICS-100, and Administrative Support

**Our website has been updated!** Check it out: <http://www.vdh.virginia.gov/mrc/peninsulamrc/index.htm>; check back often!

**Calendars:** You can find Training, Public Health Outreach, and Emergency Preparedness and Response Calendars under 'Quick Links and Important Resources' from the main page.

**TRAINING NOTES: Take charge of your training! If you have indicated an interest in serving on a specialized team, you have been provided with the specialized training courses necessary to make the team. Please complete these course AND please let the Peninsula MRC know, otherwise we cannot give you credit and you cannot serve until you have done so.**

In order to help us track training, Volunteers are being urged to create TRAINVirginia accounts: <http://va.train.org> for account registration. There are instructions for creating an account on the main TRAIN page. Be sure to affiliate with Peninsula MRC.

Orientation is now on-line: <http://www.vdh.virginia.gov/mrc/peninsulamrc/trainva.htm>

\*Psychological First Aid: June 14

\*Mass Fatality Response Team: June 19

\*ICS—100 training core competency: June 21

*\*Please watch your VVHS email alerts for details regarding registration.*

**Many teams are forming** across the Peninsula and in Hampton: Hospital Emergency Response Teams, Shelter Teams, Pet Shelter Teams, Mass Fatality Response, and Volunteer Reception Center (coming soon). In addition to the minimum requirements, specialized training is necessary.

**PUBLIC HEALTH OUTREACH NOTES:** We have a need for blood pressure screeners at a few sites on the Peninsula. If you are a Registered Nurse or Licensed Practical Nurse, there has been an important update to the way blood pressures are taken/measured, and all screeners must take a new course. Please watch VVHS for this training in the Fall.



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>  
The Peninsula Health Department and the Peninsula MRC will be collaborating on events soon!

**EMERGENCY PREPAREDNESS AND RESPONSE EXERCISES NOTES:** Mass Dispensing—Fall 2012—Eastern Shore

**INSIDE YOUR MRC OFFICE – 2012— "Narrowing the Focus, Broadening the Reach"**

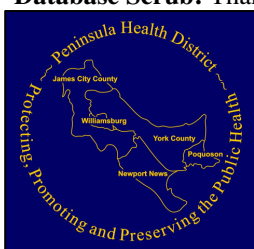
Alerts 101: Please do not delete the email alerts you receive; **you must** click on the link inside of the email and select available or unavailable. **Your response is crucial to continued MRC funding for programs.**

**Database Scrub:** Thank you to those who have completed minimum mandatory requirements to remain on Peninsula MRC rolls.

The *minimum* requirements are: Orientation, Background check, Badge, ICS-100.

**Peninsula Medical Reserve Corps—  
Peninsula and Hampton Health Districts**

**Volunteers Protecting the Health of Virginia**



## Contact Information

Peninsula Medical Reserve Corps  
Peninsula Health District  
416 J Clyde Morris Blvd.  
Newport News, VA 23601  
Main: 757-594-8045  
Fax: 757-594-8612

facebook

Search 'Peninsula Medical Reserve Corps'

twitter

@PeninsulaVAMRC

You Tube

<http://www.youtube.com/user/VAMRC>

*Please bookmark these websites:*

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

Teresa Blakeslee  
MRC Coordinator—Program Manager  
Teresa.Blakeslee@vdh.virginia.gov

Julie Segor  
Volunteer Manager  
Julie.Segor@vdh.virginia.gov

NEWS IN A "HEARTBEAT"



E-NEWS FLASH FROM PENINSULA MRC—JUNE 2012

CERT and MRC—Peninsula CERT Advanced Medical Operations Training—Saturday, May 19, 2012

Another successful collaborative effort with Peninsula Regional CERT teams: Williamsburg, James City County, York County, Poquoson, and Newport News



Thanks to all of those who participated, and to MRC volunteers who helped bring realism to the event:  
**Dale Bull, Molly Edgette, Sidney Fink, Simonsea Fowler, Sherry Kelley-Davis, Claudia Spurill, and Larry Watson.**  
(South Morrison Elementary)

**Volunteers Protecting the Health of Virginia**